2015 **Issue 1**

The President's Message

I would like to thank all of the volunteers that came out to help with the Easter Egg Hunt. A special "Thank you" to Jim and Mary Meyer for all of their hard work getting ready for the day. We had an excellent turn out and a great time. I would also like to thank the volunteers that helped with our first Music in the Park. Salty Six Strings were only able to play for a little over an hour due to the weather. They were great while it lasted. The next band scheduled is River Rats. Come on over to Carl Frye Park for an evening of free entertainment.

If you have not driven past Prairie Lincoln recently they are making great progress. They are not scheduled to open until the fall of 2016. You can visit the South Western City Schools website to see what the new building will look like.

Our July 4th picnic will start off with a walk. Volunteers will begin to set up for lunch at 9 am. Anyone interested in helping out just me at the shelter. Lunch will be served at noon. Hope to see you there.

Terry Allen
President, LVRA

Up Coming Events

July 4th ~ Picnic in the Park
July 11 & August 8~ Music in the Park
Yard Sale ~ August 14-16

Where We Live

Events Calendar

Once again this year we have a number of events scheduled for you to enjoy. Please save this schedule for future reference. There will also be reminder signs posted in the village. I would like to remind everyone to please take a minute and join the Lincoln Village Residents Association. In order for us to continue to sponsor these events we need your support by joining and volunteering to help out. To join it only cost 1.00 per month per household. For those of you over 55 it is less than 85 cents. Please fill out the form and mail it in or drop it off at an event.

July 4th	Noon	
Music in the Park	7-10 pm	July 11
Music in the Park	7-10 pm	August 8
Yard Sale		August 14-16
Music in the Park	7-10 pm	September 5
Halloween in the Park		October 24
Santa in the Park		December 5
Holiday Decorating		December 14-18

July 4th

The residents association will be holding our annual picnic on the 4th at noon in Carl Frye Park. The LVRA will provide the meat, chips, drinks, cotton candy and paper products. We are asking those attending to bring a side dish or dessert to share with everyone.

Once again there will be a Walk for the Park and it will be approximately 2 miles this year. There is registration fee of $5.00 per family or $2.00 per person. Registration forms are on the next page.

Schedule of Events

Walk for the Park Registration	8:30 am
Walk	9:00 am
Lunch	Noon
Dunk Tank	1:00 pm

Kids Games

- Scavenger Hunt
- Family Chalk Drawing
- Obstacle Course
- Balloon Relay
- Corn Hole

ANNUAL MEMBERSHIP DRIVE

Our annual membership drive is underway. You can mail the form below along with you annual dues of $12.00 per household. ($10.00 for Golden Buckeye members.) By joining the association you help support many activities in the Village. For example, it enables us to continue the publication of the Railsplitter, our Easter Egg Hunt, the July 4th celebration and several other events and contest throughout the year. One Lucky paid member will win a Home Depot gift card.

To: L.V.R.A.
PO Box 282101
Columbus OH 43228

Name_____

Address_____Phone_____

Walk for the Park

There will be a $5.00 entry fee per family or $2.00 per person. The walk will begin and end at Carl Frye Park and will be approximately 2 miles. The route for the walk will be marked with signs. Registration begins at 8:30am and the walk will start at 9:00 am.

Individual Entry Form

Name_____

Address_____

City & Zip_____
(Columbus, 43228)

Phone_____

Age on Day of Walk_____

Male_____ Female_____

Each participant must sign the disclaimer.

Disclaimer: Please read and sign

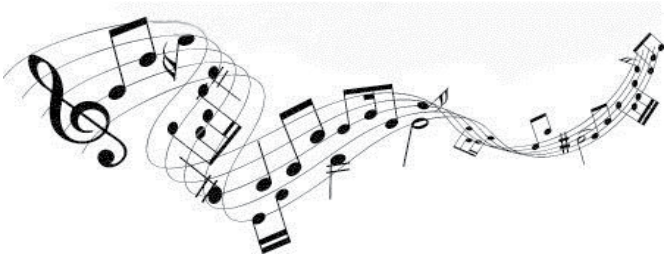
In consideration of my entry to the Walk for the Park on July 4th, 2015, I, the undersigned intend to be legally bound for myself, my executors, administrators and assignees, I do hereby waive and release the Lincoln Village Residents Association, its board members, all of its members, and all sponsors or co-sponsors whose property and/or personnel are used, and other sponsoring or co-sponsoring companies, agencies or individual from all responsibility and claims arising from my participation in and travel to and from this events. Furthermore, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion picture, recording, or any other record to this event for any legitimate purpose. As a participant, I certify that all the information provided for the event is accurate and certify my compliance for signing below.

Signed_____Date_____

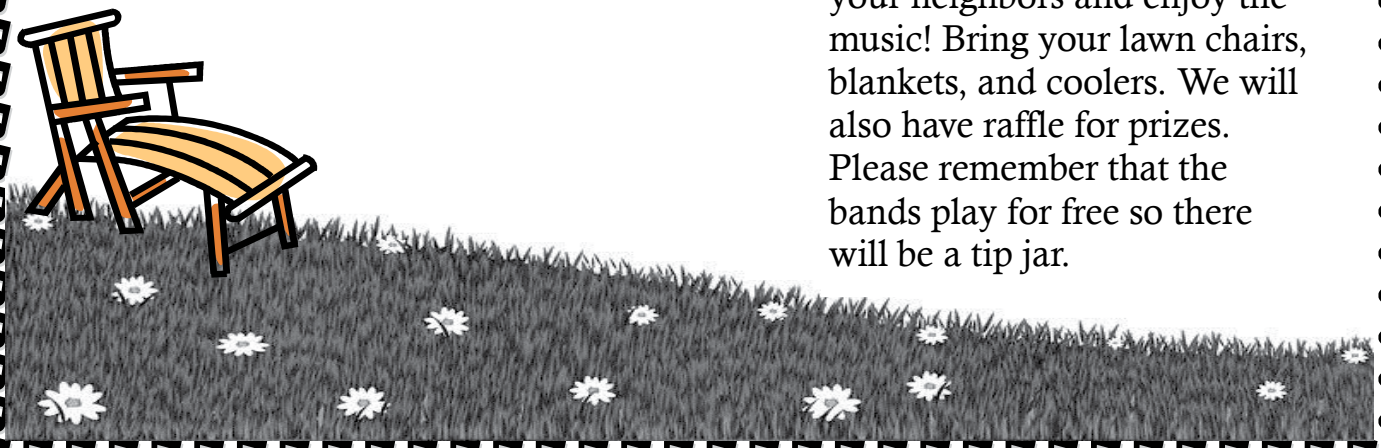
(Parent of Guardian if participant is under 18) This is to certify that my child has permission to participate in the walk and is in good physical condition.

LVRA Presents Music in the Park

From 7–10 pm
July 11 th
August 8 th
September 5 th



Come get together with your neighbors and enjoy the music! Bring your lawn chairs, blankets, and coolers. We will also have raffle for prizes. Please remember that the bands play for free so there will be a tip jar.



VFW Post 6065

In May Flags were placed on the graves of Veterans by several volunteers. We would like to thank everyone that came out to help place the flags on Friday and collect them on Tuesday. The flags will be stored to use next year. Look for more information on our next project in upcoming issues of the Railsplitter.

As always our post is currently seeking new members. If you have received a campaign medal for overseas service; have served 30 consecutive or 60 non-consecutive days in Korea; or have ever received hostile fire or imminent danger pay, then you're eligible to join our ranks. If you have any questions please call Will Davis at 878-1811.

The ladies Auxiliary is also building it's membership. Members must be citizens of the United States and at least 16 years old. If you have any questions or are interested in joining please call Jeannie Allen at 530-2025. Meetings are once a month and last approximately 1 hour.

For those of you who need a copy of a DD214 the instruction are available online at : http://www.archives.gov/veterans/military-service-records/. You can file online, by fax or by mail. If you would like an application for membership to the post please contact Will or Jeannie.

Heat Cramps

Heat cramps are severe muscle spasms resulting from a combination of prolonged exercise, heavy sweating, and excessive water replacement in extreme heat.

During sweating, salts (electrolytes) and fluids are lost, but drinking large quantities of water dilutes the salts, causing cramps. Heavy sweating is most likely to occur on warm days, especially during strenuous exertion. Heat cramps are common among all of the following:

- Manual laborers, such as engine-room personnel, steelworkers, roofers, and miners
- Athletes, especially mountain climbers or skiers, whose many layers of clothing may keep them from noticing their heavy sweating, and tennis players and runners who do not take time to replace salts lost in sweat
- Military trainees

Heat cramps are strong contractions in muscles of the hands, calves, feet, thighs, or arms. These contractions cause muscles to become hard, tense, and painful. Fever does not occur.

Mild heat cramps can be treated by drinking beverages that contain salt or by eating salty food. Drinking 1 to 2 quarts (about 1 to 2 liters) of a sports drink or water containing 2 teaspoons of salt is usually enough. Severe heat cramps are treated with fluids and salts given intravenously. Stretching the involved muscle often gives immediate relief of pain.

Heat Exhaustion

Heat exhaustion is excessive loss of salts (electrolytes) and fluids due to heat, leading to decreased blood volume that causes many symptoms, sometimes including fainting or collapse. Heat exhaustion is more severe than heat cramps. Fluids and salts are more depleted, and symptoms are more severe.

Symptoms and Diagnosis

Dizziness, light-headedness, weakness, fatigue, headache, blurred vision, muscle aches, or nausea and vomiting may develop. Muscle cramps may occur but often do not. People may feel faint or even lose consciousness when standing. Drenching sweats are common. Mild confusion may develop. The heart rate and breathing rate may become rapid. Blood pressure may become low. Body temperature is usually normal and if it is high, it is not higher than 104° F. Heat exhaustion usually is diagnosed on the basis of the symptoms and occurrence after exposure to heat.

Treatment

Treatment involves replacing fluids and salts, usually intravenously, and removing people from the hot environment. Removing or loosening clothing and applying wet cloths or ice packs to the skin also aid cooling. After receiving fluids, people usually recover rapidly and fully. If left untreated, heat exhaustion can lead to heatstroke.

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Heat Stroke

Heatstroke is a life-threatening condition that results in very high body temperature and malfunction of many organ systems and is the most severe form of heat-induced illness. People with heatstroke are much sicker than people with other heat disorders.

- Body temperature is higher than 104° F and the brain malfunctions.
- People should be cooled immediately.

Heatstroke may occur when people exert themselves in extreme heat or in a closed, hot environment. For example, heatstroke can develop in young, healthy athletes, particularly those who are not acclimatized, after only hours of intense exertion in hot, humid weather. Heatstroke can also develop over days of hot weather when people, particularly older sedentary people, stay in rooms that are poorly ventilated and not air-conditioned. Older people, people who have certain medical conditions (such as those that involve malfunction of the heart, lungs, kidneys, or liver), and young children are most vulnerable to heatstroke.

Heatstroke occurs because the body cannot lose heat rapidly enough in conditions of extreme heat. Because the body cannot cool itself, body temperature continues to rise rapidly to dangerously high levels. Conditions that interfere with heat loss, including certain skin disorders, and drugs that decrease sweating increase the risk.

Heatstroke can temporarily or permanently damage vital organs, such as the heart, lungs, kidneys, liver, and brain. The higher the temperature, especially when higher than 106° F, the more rapidly problems develop. Death may occur.

Symptoms

Dizziness, light-headedness, weakness, fatigue, headache, blurred vision, muscle aches, nausea, and vomiting (which are also symptoms of heat exhaustion) are common warning symptoms. Affected people do not sense that body temperature is greatly elevated.

During heatstroke, the skin becomes hot, flushed, and dry. Sweating may not occur despite the heat. Because of brain malfunction, people may become confused and disoriented and may have seizures or go into a coma. The heart rate and breathing rate increase. The pulse rate is usually rapid. The blood pressure may be high or low. Body temperature usually exceeds 104° F and may be so high that it exceeds the markings on a typical thermometer.

Diagnosis

The diagnosis is usually evident. People have a high fever, symptoms of brain malfunction, and a history of being exposed to high heat and humidity. If the diagnosis is not evident, tests are done for other disorders that can cause similar symptoms, such as infections, stroke, and an overactive thyroid gland.

Treatment

The body must be cooled immediately, and an ambulance should be called. While awaiting transportation to the hospital, people should be wrapped in cold, wet bedding or clothing; immersed in a lake, stream, or cool bathtub; or cooled by being immersed in ice-cold water. Misting the body with water and blowng air across the body with a fan is also very effective. Using designed to treat a fever due to an infection is useless and should be avoided.

At the hospital, the body is usually cooled rapidly by removing the clothes and covering the exposed skin with water or occasionally ice. To speed evaporation and body cooling, a fan may be used to blow air on the body. Body temperature is measured frequently, often constantly. Cooled fluids may be given intravenously. To avoid overcooling, cooling is stopped when the body temperature is reduced to about 102° F. Siezures, coma, and malfunction of other organs may also need treatment. Heatstroke is best treated in an intensive care unit of a hospital.

Prognosis

The risk of death from heatstroke climbs depends on the following factors:

- How old adults are
- How young children are
- How severe any conditions (such as heart, lungs, kidneys, or liver disorders) are
- What the highest body temperature is
- How long body temperature remains high

In about 20% of people who survive, the brain may not fully recover, leaving a person with personality changes, clumsiness, or poor coordination. In some people, the kidneys do not fully recover. After recovery, body temperature may fluctuate abnormally for weeks.

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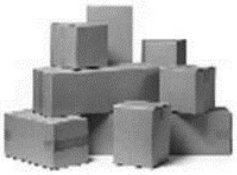

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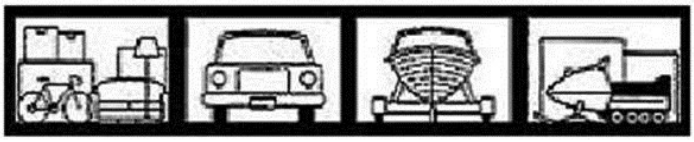

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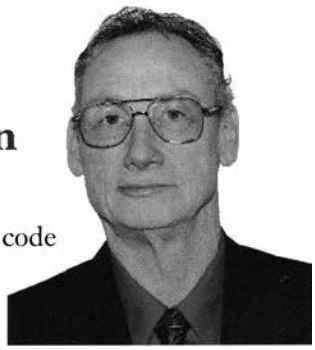

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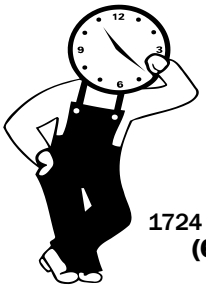

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